

Sample Stretches

Calf and hamstring stretch:

Stand a little away from a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 10-30 seconds. Do not bounce. Repeat 3-5 times. Now, stretch the other leg.



Ankle and Achilles tendon stretch:

Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 8-10 seconds. This also stretches the bottom of your foot and toes. Now, stretch the other foot.



Thigh stretch:

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 10-30 seconds. Repeat 3-5 times. Now, stretch the other thigh.



Alternate thigh muscles stretch:

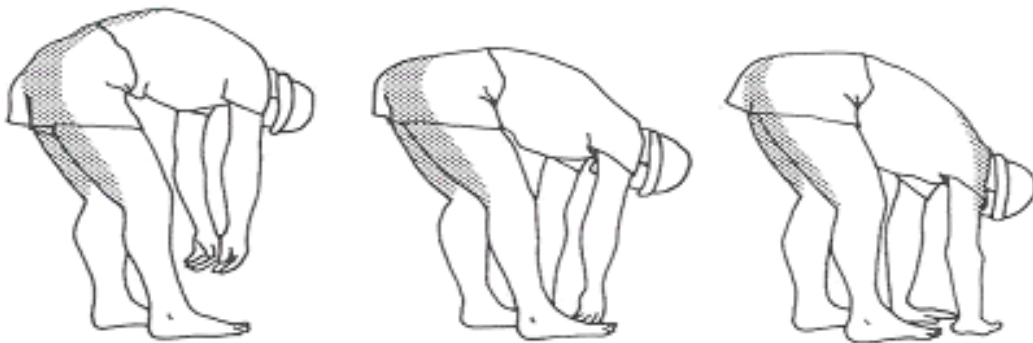
Standing close to a wall or a chair, place one hand on the wall and with the other hand reach back and slowly pull your foot up to touch your buttocks. Hold for 10-30 seconds. Relax back to your starting position. Repeat 3-5 times. Now, stretch the other leg.



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Lower back, hips, groin, and hamstring stretch:

Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. **Keep your knees slightly bent.** Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 10-30 seconds. Slowly come back to a standing position with knees bent all of the time. Repeat 3-5 times.



Shoulder and neck stretch:

Raise the top of your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 5 seconds. Then, relax your shoulders downwards.



Arm and side stretch:

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 10-30 seconds. Repeat 3-5 times. Now, stretch the other side.



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